

Multifetal Gestation (AK 34-USDA 335)

Explain to Participant

You're enrolled in the WIC program today because you are pregnant with more than one baby.

Goal

The goal is to try to promote good food choices of high nutritional quality so your babies are born healthy. Women pregnant with twins or triplets have greater requirements for all nutrients than women pregnant with only one infant.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
 Explain the nutrition education materials suggested.
 Eat a variety of foods from all the food groups every day.
 Eat 3 meals a day plus 2-3 healthy snacks.
 See your doctor regularly to monitor your pregnancy and the growth of your babies.
 Take prenatal vitamin daily.
 Drink 8 glasses of water every day.

Nutrition Education
 Material Suggested

Eating for Two

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

Iron Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

Vitamin C Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

Protein Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

Vitamin A Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Daily for Guide for Pregnant Women
 Blue Ribbon Babies...Eating Well During Pregnancy